



W-L CREW TRIATHLON

SATURDAY, FEBRUARY 7, 2026
8AM - 2PM
W-L HS CAFETERIA

Event Details:

- 4k Erg
- 2 mile run
- 2 min bench row max

Scoring: Elapsed time for 4k erg and run +
4k erg time - (# of bench rows x 3 seconds)
note that the erg time is counted twice

Check-in opens at 8am

Races begin at 8:30am and continue until
about 2pm

(Start times for each flight will be sent to
participants one week prior)

Categories:

Experiences Juniors

Freshman/Novice Juniors

Collegiate

Open/Masters

Lightweight Juniors

Lightweight Open/Masters

Cost: \$5



**ONLINE
REGISTRATION
FORM:**



QUESTIONS?

CONTACT KARA MCPHILLIPS (KARA.MCPHILLIPS@APVA.US)
OR KERI CUPPLES (PRESIDENT@W-LCREWBOOSTERS.ORG)